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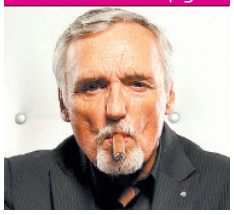

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JEFF HODSON/METRO VANCOUVER

Builder Mat Turner, left, and designer Bryn Davidson at the city's first laneway house in East Vancouver yesterday. The 710-square-foot unit is renting for $1,700 a month.

Laneway suites not for the poor of pocket

First house in initiative, a 'high-end rental,' snapped up in 5 days

JEFF HODSON
jeff.hodson@metronews.ca

Vancouver's first laneway house built under a new city initiative was scooped by renters for $1,700 per month after it was on the market for a mere five days.

Proponents of laneway housing claim it will transform the city over the long term. But some housing advocates say the benefits won't trickle down to the city's poor.

"It's going to be high-end rental," said designer Bryn Davidson, who, with builder Mat Turner, finished the cleanup of the suite yesterday. "It's brand new. It's a free-standing building with its own appliances. It has its own outdoors space and its own address."

Keys for the stylish, eco-conscious 710-square-foot two-storey East Vancouver suite will be turned over to renters this evening. A two-day open house attracted more than 1,000 people in early May.

Rider Cooey, a spokesman with Citywide Housing Coalition, said laneway housing is a critical piece of affordable housing, but one that will benefit only people with money.

Coun. Suzanne Anton, a proponent of laneway housing, said although the initiative will slowly increase supply, rental affordability wasn't necessarily the main goal of the initiative.

Rather, she said, it gives homeowners flexibility — a home for their grown children, or their aging parents, or as a mortgage helper.

City's average

- The rental price ($1,700 per month) is above the city's average ($1,169 for a two-bedroom apartment or $1,448 for a two-bedroom condo), but is on par with rental units in the new Southeast False Creek development, Anton said.

Crash victims' bodies being recovered

VANCOUVER ISLAND The bodies of three young parents and a pilot shuttling them home on a six-minute flight to a tight-knit First Nations community were being recovered yesterday from the crash wreckage of a submerged float plane off Vancouver Island.

RCMP divers worked to remove siblings Katrina English, 22, and Edward Sam, 28, and cousin Samantha Mattersdorfer, 24, while the tiny population of Ahousat grieved together at a nearby hall.

"They were very well-known, all of them," said a woman calling herself an aunt of the trio, who asked she not be named. "Very well liked amongst the community."

English and Sam, known as "Hunter," were basketball players, while Mattersdorfer worked at a fish plant, she said. All had young children.

"It's really impacted (us)," she said, adding mourners will move from home to home while others in the community of about 1,800 will cook meals for the families for five days.

Also killed was Damon York, 33, of Tofino, who piloted the Cessna 185 that mysteriously dropped just after noon Saturday, sinking about 15 metres.

The plane was one of two belonging to Atleo River Air Service.

THE CANADIAN PRESS

Wreckage

- Challenges including the water's depth and currents prolonged the time it took to locate the plane, say RCMP.

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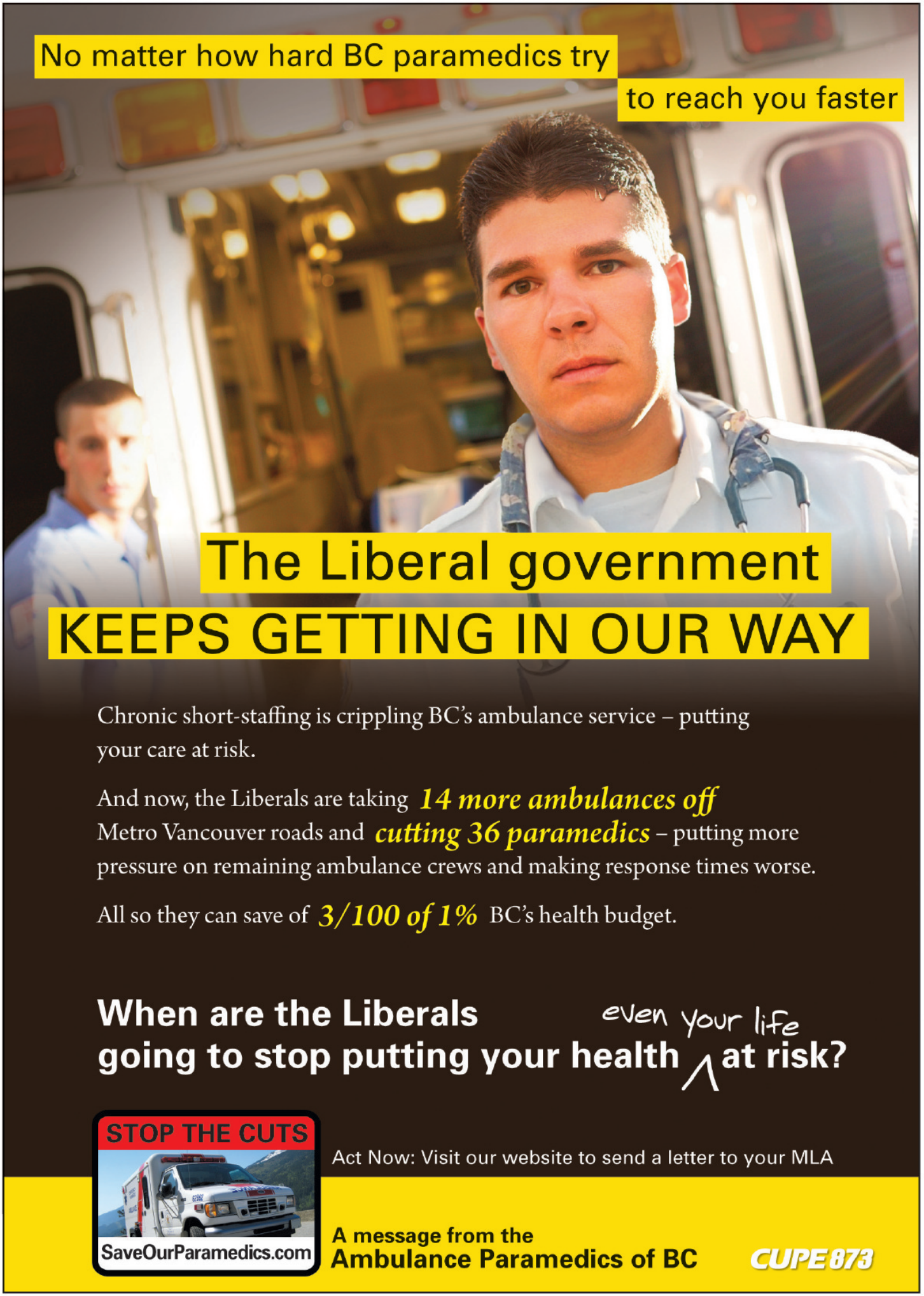
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Local

Pixar icons explore city on YouTube

Buzz Lightyear, left, Woody and Wall-E explore Vancouver in a video released by Pixar to YouTube. The video was created for last month's launch of Pixar Canada in Gastown.

METRO VANCOUVER

B.C. sends more help to fight fires

FIREFIGHTERS British Columbia has deployed an additional 157 firefighters to Ontario and Quebec to battle a rash of forest fires.

Ninety-four personnel arrived in Thunder Bay, Ont., yesterday, while 63 are set to arrive in Maniwaki, Que., today. B.C. is also sending 115 pump kits and 350,000 metres of fire hose.

"The terrain is a little bit different (in Ontario and Quebec), but the approach (to fighting the fires) will be pretty much the same as in B.C.," said provincial fire information officer Gwen Eamer. She added Ontario and Quebec have lakes from which aircraft can easily draw water.

Nine wildfires in Quebec and 32 in Ontario are considered out of control. The largest of these, in central Quebec, covers 25,000 hectares.

Cool, damp weather conditions have presently mitigated forest fire danger in B.C., but firefighters can be recalled at any time should the need arise.

KYLE FARQUHARSON/ FOR METRO VANCOUVER

News in brief

SHOOTING A brown Kia vehicle has numerous bullet holes after being shot at in Langley early yesterday morning, RCMP said. No one was hit.

DERAILMENT SkyTrain suffered the first derailment in its history Friday night. No one was on the train when it struck a brake caliper that had fallen off another train and came off the tracks near King George Station in Surrey.

METRO VANCOUVER

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WHAT'S ONLINE TODAY

Immigration Guidy Mamann on how Canada's immigration officers may be hurting foreign relations at **metronews.ca/immigration**

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EAT! Vancouver **No soup for you!**

KRISTEN THOMPSON/METRO VANCOUVER

Actor Larry Thomas, best known as the Soup Nazi from Seinfeld, shares anecdotes while cooking soup at the third and final day of the EAT! Vancouver Food and Cooking Festival at the Convention Centre West yesterday.

Bike to Work Week returns

COMMUTE Vancouverites who have been wary of leaving their cars behind and biking to work are being encouraged to leave their fears at the door and give pedal-power a try — even for just one day.

Today marks the start of the fourth annual Bike to Work Week, a campaign created by the Vancouver Area Cycling Coalition to encourage cycling in lieu of driving and even transit.

"The idea is to get people out of other modes and on their bikes because it's healthier, more economical and better for the environment," said Erin O'Melinn, program manager of Bike to Work Week.

O'Melinn said commuting by bike has become easier and safer than it was last year because of the new dedicated bike lanes along the Burrard Street Bridge and the Dunsmuir Viaduct.

Another lane is being installed along Dunsmuir Street.

She said people worried about being sweaty at work can bring a change of clothes and freshen up in the washroom at the office.

"It's really fast and really fun. You feel great, have more energy and ... you're doing it with other people," she said.

VACC has organized commuter stations with snacks and has set up a website where you can log your mileage and win prizes during the week.

KRISTEN THOMPSON/ METRO VANCOUVER

Online

• For more information, go to biketoworkmetrovan.ca.

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Verdict expected today in Quinn trial

Mom of slain teen hoping for 2nd conviction

KRISTEN THOMPSON
kristen.thompson@metronews.ca

A verdict is expected to be handed down in New Westminster court today in the second trial of Katherine Quinn, who is accused of murdering Vancouver teenager Matthew Martins five years ago.

In 2007, Quinn and her boyfriend Robert Forslund were found guilty of killing Martins outside Surrey SkyTrain station.

Forslund was convicted of beating Martins to death and Quinn convicted for giving the order to kill.

Quinn appealed her conviction last summer and was granted a new trial, which wrapped up earlier this month.

Sandra Martins-Toner, Matthew's mother, described the last three weeks — the period between the end of the trial and the verdict — as "cruel and tortuous."

"Just the waiting, the thinking, 'Gosh, is this going to give Justice (Wendy) Baker more time to change her mind?'" she said. "You can't not think about it."

Martins-Toner said she came into the second trial stronger and without the previous feelings of raw despair and shock.

"I sat there and didn't miss a day except the last day because we were burying my mom," Martins-Toner said. "We've lost so much."

She said she's nervous but confident Quinn will be found guilty again, even if she receives a lighter sentence.

"A lot of people tend to think that parents who have lost a child are vindictive and we want an eye for an eye, and that's not so," Martins-Toner said. "We just want some justice."

Ambassadors accused of harassment

KYLE FARQUHARSON
for Metro Vancouver

TRIBUNAL Vancouver's downtown ambassadors are being accused of persistently harassing homeless people, the B.C. Human Rights Tribunal is expected to hear today.

The complainants, Pivot Legal Society and the Vancouver Area Network of Drug Users, allege that the ambassadors denigrate street dwellers and drug users in the downtown core, and deny these individuals access to public areas.

Charles Gauthier, executive director of the Downtown Vancouver Business Improvement Association, disputes the allegations, and said homeless people generally appreciate the assistance the ambassadors provide.

"Given that evidence (of harassment from the complainants) hasn't been forthcoming, we really don't understand how this complaint reached (the tribunal)," he said.

The ambassador role also provides job opportunities to inner-city residents, he added.

"(Organizations like the DVBIA) shouldn't be allowed to hire a private security army to patrol public space," said John Richardson, executive director of Pivot Legal Society.

Jason Gratl, legal counsel for VANDU and Pivot, agreed.

"The downtown core belongs to all citizens," said Gratl. He said the third component of the ambassadors' mandate, to persuade homeless people to relocate from sidewalks and public areas, is disrespectful and unlawful.

The hearing is expected to last 15 days.

Faulty tent delays Bard performances

FESTIVAL Bard on the Beach organizers have much ado about a faulty tent that's postponing some performances by one week.

A deformation was found in one of the Mainstage tent sections at the yearly Shakespeare festival, artistic director Christopher Gaze said in a release yesterday. The tent will have to be taken down and the section replaced before it can be reset.

The problem was discovered during a routine secondary inspection.

Performances of Much Ado About Nothing scheduled for June 3, 9 and 16 have been cancelled. They will be delayed by one week.

People who bought tickets to one of the affected performances will be contacted by this Thursday, organizers said. Refunds or tickets to alternate performances will be offered.

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Province extends drinking hours for World Cup

Soccer fans across Ontario will be able to hoist a brew an hour earlier to cheer on their favourite team during the World Cup. Ontario Minister of Consumer Services Sophia Aggelonitis has decided to follow Toronto's lead and temporarily change drinking hours to start at 10 a.m. THE CANADIAN PRESS

Canada

Uproar due to 'silly season': Clement

Industry Minister Tony Clement dismissed Commons uproar over his infomercial appearance as a product of the parliamentary "silly season." He took part in a promotional video for a private firm in his riding that was trying to rustle up business in China. Liberals and New Democrats demanded Clement be fired.

THE CANADIAN PRESS

Troops stunned at officer's dismissal

The abrupt dismissal of Canada's military commander in Afghanistan over an alleged dalliance with a subordinate left troops in disbelief yesterday, wondering what became of their leader tasked with leading them at a critical juncture in the war.

Brig.-Gen. Daniel Menard

The stunning accusation that Brig.-Gen. Daniel Menard engaged in an intimate relationship with a female member of his staff while in theatre provided a momentary distraction amid the grisly realities of the conflict.

One young Canadian soldier widened his eyes when told of the news before quickly saying he didn't want to discuss the matter.

Another summed it up in blunt terms.

"It's just sad," said the troop, who declined to give his name. "I'd rather not talk about it."

Menard, whose once-sparkling career with the Canadian Forces dates back 26 years, was relieved of his command in Afghanistan after military brass became aware of allegations he was involved in a personal relationship with a woman.

Menard joined the Canadian Forces in 1984. He swiftly ascended the ranks, serving in Britain, Germany, Bosnia-Herzegovina and Haiti.

THE CANADIAN PRESS

After a miscarriage, Celine Dion announces she's pregnant with twins.

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Toronto **New Leaf fan**

NATHAN DENETTE/THE CANADIAN PRESS

Israel Prime Minister Benjamin Netanyahu receives a Toronto Maple Leafs hockey jersey along with his wife, Sara Netanyahu, centre, after speaking at a United Jewish Appeal Walk with Israel event in Toronto yesterday. Canada is a strong ally of Israel, he said.

Gun registry report kept secret: Docs

POLITICS A positive report on Canada's long-gun registry was kept secret from members of Parliament until after a crucial vote in the House of Commons, newly disclosed documents show.

The report, which said police were using the controversial registry more than ever, was required by law to be tabled in Parliament by last Oct. 22, says an internal memo. That was well before a private-member's bill to scrap the registry went to a dramatic vote in the House of Commons on Nov. 4.

Bill C-391 carried with the support of 12 New Democrats and eight Liberals.

The public safety minister at the time, Peter Van Loan, tabled the report two days after the vote, disparaging the findings and saying it contributed nothing new to the debate.

The minister's office has claimed Van Loan received the document, the 2008 annual report of the commissioner of firearms, on Oct. 9. THE CANADIAN PRESS

Opposition

- MPs opposed to the long-gun registry were at the time highly suspicious of the release of the report two days after the vote.

World must kick in cash, say feds

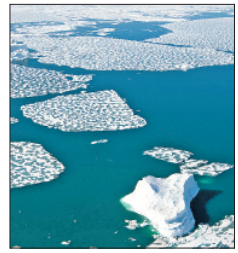
HEALTH The federal government is telling other G8 countries that Canada is willing to put about $1 billion toward maternal and child health — as long as other countries ante up too, sources tell The Canadian Press.

The Canadian cash will likely target poor countries with the worst records of maternal and child mortality and malnutrition.

THE CANADIAN PRESS

North's a dump: Study

ENVIRONMENT Millions of litres of harmful contaminants have been spilled across great swaths of Canada's pristine Arctic in recent years, an analysis by The Canadian Press has found. A classified government database reveals the alarming extent to which Canada's North has been a dumping ground for dangerous liquids. And it shows one of the most frequent offenders is the government. THE CANADIAN PRESS



JONATHAN HAYWARD/THE CANADIAN PRESS

The analysis of a government database reveals the extent to which Canada's North has been a dumping ground.

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Famous Princess Diana dress to be auctioned off
A long-lost black strapless dress worn by a 19-year-old Lady Diana in famous 1981 photographs is to be auctioned off June 8. A minor scandal arose at the time over the dress's revealing cut. THE ASSOCIATED PRESS

World

Pope refused to defrock priest

The future Pope Benedict XVI refused to defrock an American priest who served time in prison for molesting numerous children because the cleric wouldn't agree to the discipline. Documents obtained by The Associated Press show Cardinal Joseph Ratzinger, following church law at the time, turned down a bishop's plea to remove the priest only because the abuser wouldn't agree. THE ASSOCIATED PRESS

Hong Kong **Tiananmen protest**

VINCENT YU/THE ASSOCIATED PRESS

Police officers hold a barrier as they clash with protesters yesterday in Hong Kong. Hundreds were demanding Beijing exonerate the pro-democracy demonstrators it brutally suppressed 21 years ago in the June 1989 Tiananmen Square crackdown.

News in brief

FACEBOOK The day has come for a Toronto web technologist who launched QuitFacebookDay.com, with the goal of persuading people drop their accounts with the social networking site today, to delete his account — along with more than 24,000 who had signed up as of yesterday. THE ASSOCIATED PRESS

'We are dying a slow death here'

Latest failure to stem Gulf oil flow leaves few options

After failing again to stem the flow of oil into the Gulf of Mexico, BP scrambled yesterday to make some progress in ending the spill that the president's top energy adviser said was the biggest environmental disaster the U.S. has ever faced.

Six weeks after the spill, oil giant BP said that its latest plan to cap the well wouldn't capture all the crude fouling the Gulf. And the two relief wells currently being drilled — which are supposed to be a better long-term solution — won't be done for at least two months. That means the relief well won't be completed until the middle of the Atlantic hurricane season, which begins tomorrow. The crude likely won't affect the formation of storms, but the cyclones could push the oil deeper into coastal marshes and estuaries and turn the oil into a crashing black surf.

The latest effort to curb that disaster known as the "top kill" failed after engineers tried for three days to overwhelm the crippled well with heavy drilling mud and junk 1,500 metres underwater.

The top official in coastal Plaquemines Parish said news of the top kill failure brought tears to his eyes.

"They are going to destroy south Louisiana. We are dying a slow death here," said Billy Nungesser, the parish president. "We don't have time to wait while they try solutions. Hurricane season starts on Tuesday."

THE ASSOCIATED PRESS

Flotilla sets sail for blockaded Gaza

CYPRUS Hundreds of pro-Palestinian activists, including a Nobel laureate and a Holocaust survivor, set sail yesterday for the Gaza Strip, edging closer to an expected naval showdown with Israeli gunships determined to stop them. Huwaida Arraf, one of the organizers, said the six-ship flotilla is expected to reach Gaza this afternoon, and that two more ships would follow. THE ASSOCIATED PRESS

SCANLIFE

Thai tourism industry learns that armed guards and smoky streets are bad for business.

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Comment

Taking aim at the mayor

A recent jaunt to Seattle provided an opportunity to reflect upon transport developments taking place with our metropolitan sibling to the south.

While the clunky Monorail continues to move thousands of tourists between the Space Needle and the city core, and the downtown buses are still free, the better people-movers are the new light rail system, which reaches Sea-Tac Airport, and the Seattle Streetcar, connecting downtown to the burgeoning South Lake Union neighbourhood.

The streetcar, which opened more than two years ago, is the result of intense lobbying by Microsoft co-founder Paul Allen, as well as other business leaders who had a vested interest in the economic development of the South Lake Union area into a hub for biotechnology and medical research. Today, the neighbourhood is attracting smart growth and high-paying knowledge economy jobs that benefit the entire city.

By contrast, the successful Olympic Line streetcar along Vancouver's False Creek was halted after the Winter Games — and the future for a local streetcar is still very much uncertain. Unlike Seattle's leaders, Vancouver's collective of politicians and transport planners can't see the forest for the trees — focusing on short-term costs instead of long-term economic impacts that could help the cash-strapped Olympic Village and the rest of our region.

"Not only has it made for bad politics, it has proven to be an unnecessary sideshow ..."

•••

Now that Gregor Robertson has passed the halfway mark of his mayoral term in Vancouver, a vocal group of critics have taken aim at some of his most symbolic actions over the last year and a half. These include his promotion of backyard chicken farming, and the infamous veggie garden on the lawn of city hall.

The naysayers are at least right to be irked by his focus on fowl. Not only has it made for bad politics, it has proven to be an unnecessary sideshow when there are bigger issues to focus on at the municipal level — from economic development to much-needed transportation infrastructure.

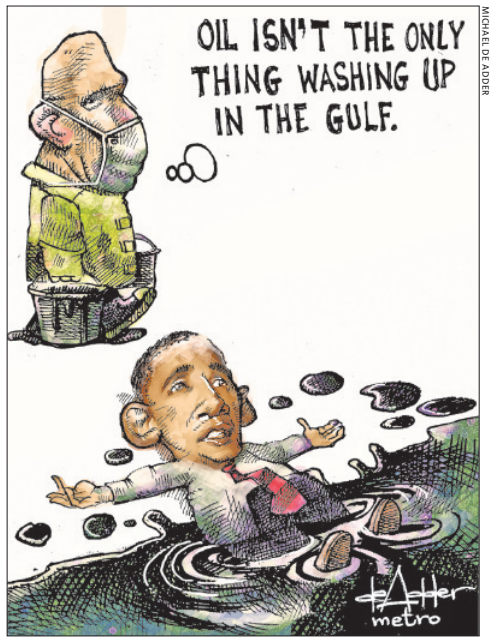
Even so, urban agriculture shouldn't be dismissed — and Robertson is right to push ahead, minus the poultry publicity that actually damages his image and green agenda.

Popular community gardens are springing up across the Lower Mainland. According to Vancouver bureaucrats, more than 1,000 people are on waiting lists for their chance to plant tomatoes and sunflowers in a gardening plot of their own.

By providing green space and promoting density, these gardens represent smart city policy.

As for the backyard chickens? Not so much.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.



MICHAEL DE ADDER

Worth mentioning

Tories seeking allies for copyright bill

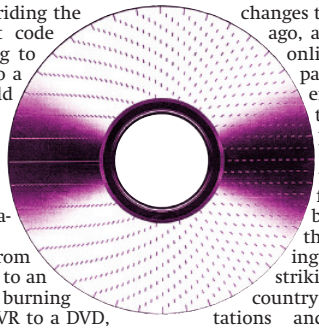
Faced with an almost guaranteed public campaign against their new copyright legislation, the Conservatives are actively looking to recruit allies across the Commons floor.

Industry Minister Tony Clement told The Canadian Press yesterday he's counting on co-operation from one or more of the opposition parties.

"I'm not coming down from the mountain with this chiselled in stone," Clement said.

"This bill may have elements in it where we could seek some consensus and there could be some positive amendments to this bill. That's certainly in the realm of possibility, too, and let the process begin."

The bill is expected to be introduced Thursday, but critics are already lining up to oppose it. Sources have said the legislation will make it a crime to pick a "digital lock" attached to a piece of music, film, electronic game or other product. For example, overriding the copyright code on a song to burn it to a CD would violate the act.



Format shifting, moving digital material around from say, a CD to an iPod, or burning from a PVR to a DVD, will be considered legal for personal use as long as no digital lock is picked.

That doesn't sit well with many vocal proponents of user rights, who say big entertainment multinationals will be given too much sway over what Canadians do in their own homes, with their personal property. When the Conservatives last tried to introduce changes two years ago, a massive online campaign erupted to oppose it and they were forced back to the drawing board, striking cross-country consultations and going back and forth within cabinet.

The legislation will also tinker with the definition of "fair dealing," and is expected to make it somewhat easier for academic institutions to use copyrighted material without breaking the law.

The bill will also be technologically neutral, avoiding references to specific methods of recording or using material so it won't become quickly outdated.

Clement stresses there will be nods to both the creators of copyrighted material in the legislation, and to the consumer. But he concedes it's difficult to please everyone.

Copyright is an all-around pain in the neck for politicians, who can't seem to find any domestic political advantage to making changes. The real pressure on the Conservatives is to appease the Americans and Europeans, who view Canada as a rogue for not having brought its laws into line with the rest of the international community.

THE CANADIAN PRESS

Noteworthy

Louisiana churchgoers draw closer to their faith

The reality that the Gulf oil leak could keep flowing for months was setting in for some sombre churchgoers in Louisiana.

In Plaquemines Parish near the mouth of the Mississippi River, the Rev. Theodore Turner said yesterday some of his congregants are getting desperate because BP has been unable to stop the leak.

150

The spill is the worst in U.S. history — exceeding even the 1989 Exxon Valdez disaster — and has dumped between 68 million litres and 150 million litres into the Gulf, according to U.S. government estimates.

Turner, of Mount Olive Baptist Church in Boothville, says about one-third of his congregation is made up of fishermen.

At St. Patrick's Catholic Church in Port Sulphur, church member Lyle Stockstill said the community is drawing closer to its faith as the nation's worst oil spill grows.

THE ASSOCIATED PRESS

Quote of the Day

"Once the events have occurred and the spending has occurred we can look to see if it was done appropriately ... It certainly seems like a lot of money. I think we have to understand better what is it for."

— AUDITOR GENERAL SHEILA FRASER, WHO IS READY TO LOOK AT THE HUGE SECURITY COSTS FOR THE G8 AND G20 SUMMIT MEETINGS NEXT MONTH.

THE CANADIAN PRESS

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Bangladesh follows Pakistan's lead, blocks Facebook 7

Bangladesh has become the second South Asian nation to block the popular website over a page that urged people to draw images of Islam's Prophet Muhammad. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Cashing in on the World Cup

The tournament isn't being played in Canada. The Canadian men's national soccer team didn't qualify to participate.

Yet, the Canadian divisions of major global brands, from Coca-Cola to Adidas, view the 2010 FIFA World Cup as second only to the Olympics in terms of the opportunity to sell everything from soda pop to running shoes.

"It will be the largest individual property we've ever invested in. More than the new tagline we launched five years ago — 'Impossible is Nothing,'" says Steve Ralph, president of Adidas Canada.

As the world's most popular sport, the international soccer championship, held every four years, ignites a frenzy of marketing opportunities around the globe.

There are already limited edition soccer shaped Coca-Cola bottles on sale in major Canadian retail outlets, such as Loblaws, and Adidas brand national soccer jerseys in major sporting goods stores, such as SportChek.

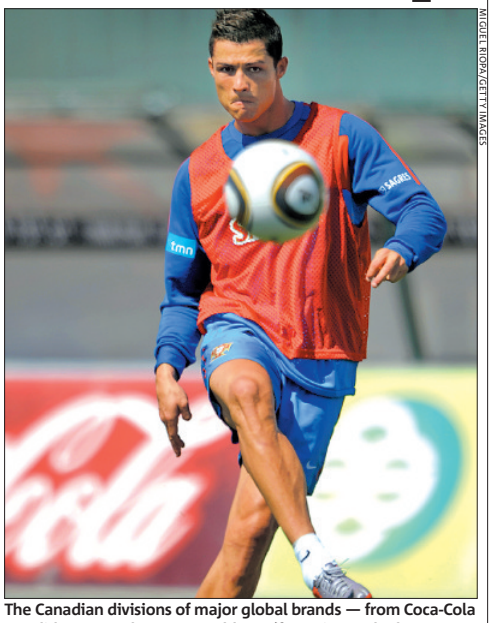
Provocative photos of star soccer players grace the cover of the current issue of Vanity Fair magazine.

But the real campaign will get underway June 11, when the first of 30 days of games kicks off in the host nation, South Africa.

And while the Canadian men's national team ranks 63rd in the world, between Macedonia and Montenegro, the World Cup hits home for many first and second generation Canadians from countries where football, as it's called everywhere but North America, is king.

The World Cup will be huge in Toronto, bigger than the 2010 winter Olympics, says Alan Middleton, marketing professor with York University's Schulich Executive Education Centre. "You're going to have more packed bars with people watching it, people talking about it on their front steps and in their apartment blocks. ... The Olympics is nice. But football is tribal."

TORSTAR NEWS SERVICE



MIGUEL RIOPA/GETTY IMAGES

The Canadian divisions of major global brands — from Coca-Cola to Adidas — see the 2010 World Cup (featuring such players as Portuguese star Cristiano Ronaldo) as one of the most important marketing opportunities of the year.

Will interest rates finally go up?

RECOVERY It's a blockbuster week for Canadian economic events, headlined by a long-anticipated announcement from the Bank of Canada on whether it will move interest rates higher.

Until recently, economists thought it was practically a certainty that the bank would up rates from historical lows of 0.25 per cent, where they have been since April 2009.

But doubt started to creep in over the last month as worries about the European government debt crisis started to escalate, which in turn helped drive stock markets sharply lower during May.

What started as concern over whether Greece could control its unsustainably high deficit has grown to worry about whether the euro currency itself can survive as countries mainly in southern Europe slash spending to lower debt.

Analysts have said that the central bank wouldn't want to be seen raising rates at a time when financial markets are in turmoil.

"I hate to say it's this simple but it is: it is whatever global stocks are doing," said Doug Porter, deputy chief economist at BMO Capital Markets.

THE CANADIAN PRESS

Canadian media taking a cautious approach to developing for Apple's iPad.

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SPECIAL FOCUS ON:
Clean Air Day

Going Green

Transit challenge

The Commuter Challenge is encouraging Canadians to leave their car at home and walk, cycle, take transit, carpool (ride share) or tele-work instead of driving to work alone. To find out to participate visit commuterchallenge.ca. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

An eruption of new travel ideas

Environmental silver lining found in Eyjafjallajokull's cloud of volcanic ash

BEN KNIGHT
for Metro Canada

We all know the ongoing volcanic eruption in Iceland has been hugely disruptive to European air travel. But how is it affecting the air those airplanes travel through?

In terms of greenhouse gas, the difference is dramatic. Gizmodo.com reported that, at the height of the eruption, the volcano was emitting less than eight percent of the CO2 regularly pumped into the sky by all the planes that were grounded. That enormous, spreading plume of ash actually cut greenhouse gases over Europe by more than 200,000 tons — a day.

"This just shows how polluting the air industry really is," says Joel Willans, an author, blogger and professional traveler. "Thanks to the explosion of cheap airlines in Europe, people jump on planes as if they were catching a bus. Cheap airline tickets really do cost the earth."

With Clean Air Day coming up on Wednesday, Willans has some intriguing observations on the future of commercial aviation.

"The idea that we can't live without air travel strikes me as bizarre when you think that commercial air travel is only about 70 years old," he argues. "There are loads of alternative methods of getting around and an increasing number of websites catering for people who are up for flightless travel."

BRYNJAR GAUTI/THE ASSOCIATED PRESS

The three kilometre-high plume from Eyjafjallajokull volcano, as seen from miles away

Willans wrote a piece called "Five travel sites for the next time the ash hits the fan" for his blog at ovimapsexplorer.com. For travellers willing to sacrifice the speed of air travel, some intriguing possibilities await.

"I think people are rediscovering the joys of slow travel. Train, bus and boat bookings have increased and more and more people are holidaying in their own country. Human beings are incredibly adaptive. I spoke to lots of people in London who said how much they enjoyed the disruption, as skies were so wonderfully quiet."

Passenger relax after flights were canceled due to the volcanic ash cloud, at Newcastle International Airport, England.

For Willans, travel is as much about the journey as the destination.

"In my experience, the more challenging it is to get from one place to another, the more memorable is the holiday," he notes. "You get a far better sense of a place travelling through it, rather than 30,000 feet above it."

Willans concludes that the Iceland eruption's deeper message is a hard one to ignore.

"For our entire technological prowess, this one volcano managed to bring the whole of European airspace to a complete standstill. I think natural events like this are useful reminders that we're merely inhabitants of this planet and not its owners."

Clean Air Day

Clean Air Day — officially launched in Canada June 2, 1999 — is a national effort to increase public awareness of air quality and climate change.

This popular event has inspired local activities and initiatives across the country.

It's also been used to launch federal programs like the One-Tonne Challenge, a 2003 effort to encourage all Canadians to trim greenhouse gas emissions. Check out the online Commuter Challenge (commuterchallenge.ca) to renew or re-evaluate your commitment to environmental change.

Clean Air Day Events:

- Clean Air Day
Clean Commuters Breakfast
BC Plaza, 700 Hamilton St., Vancouver
7-9:30 a.m.

Did you know?

- Canada passed its first Clean Air Act in 1970, to regulate airborne levels of asbestos, lead, mercury and vinyl chloride.
- A second, updated Clean Air Act was enacted in 2006, specifically targeting smog and greenhouse emissions.

BEN KNIGHT/METRO CANADA

Disposable plastic use spiralling wildly out of control

Eco-**Minded**

It's time to go beyond recycling. It's time to rethink and refuse plastic. The material is everywhere — not just all over our cities and homes, but all over the oceans. There are even areas where plastic waste outweighs plankton six to one. Nearly every piece of plastic ever created still exists on this planet.

Whales and turtles are washing ashore stuffed with plastic bags. Seabirds are starving to death with bellies full of mistaken meals, like lighters and bottle caps. Even our common seafood has been landed with toxic plastic pellets inside. Harmful chemicals leached by plastics are already present in the bloodstream and tissues of almost every one of us, including newborns.

Apart from ashamed, where does this leave us? Isn't recycling the cure?

Every recycled bit helps, but unfortunately recycling is not a sustainable solution when it comes to plastic. For one, our municipalities only accept certain plastic types, and the rest gets landfilled or shipped to Asia. The plastics that do get recovered (by municipal or special recycling facilities) are generally turned into lower quality stuffs (and eventually disposed). One solution is 100 per cent biodegradable/compostable packaging, but note that many new bioplastics actually do not degrade in normal landfill or ocean conditions.

What about cleaning up the oceans? Unlikely, but we can sure clean up our acts. Our use of disposable plastics has spiraled out of control. Take a good look around to note how pervasive plastics are in our lives. And the greatest wrong is that we use this material that lasts forever, for mere seconds, minutes, days. Bottles, bags, takeout containers, wraps, caps, cups … Is the disposable convenience worth it?

What we need is a plastic awakening. The Rs of disposable plastics are simple: Rethink and Refuse.

Will you?

Plastic pollution

- Plastic in our oceans exceed 100 million tonnes.
- Disposables are the main source of plastic pollution.

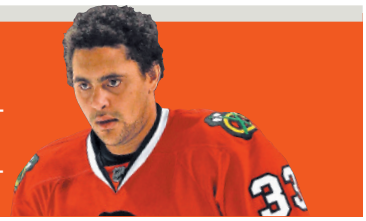
Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC. Taina Uitto is a marine conservationist and author of the Plastic Manners blog.

Knee surgery to sideline Sizemore
Cleveland outfielder Grady Sizemore will have surgery on his left knee next week and is expected to miss at least six to eight weeks. The three-time all-star has a deep bone bruise in the knee he injured May 16. THE ASSOCIATED PRESS

Sports

Flyers vs. Hawks a hit

The Philadelphia Flyers and Chicago Blackhawks are already a television hit in the United States. Chicago's stirring 6-5 victory Saturday night in the opening game of the Stanley Cup final produced the best overnight rating for a hockey final opener in 11 years. The game on NBC garnered a 2.8 overnight rating and 6 share, the best numbers since 1999 when Buffalo and Dallas produced a rating of 3.7 on FOX. THE ASSOCIATED PRESS



EDITOR: DON.MCHOULL@METRONEWS.CA

Franchitti's gamble pays off

Scottish driver wins Indianapolis 500 with little left in tank

One lap to go, running on empty and a car bearing down on his tail.

After having the dominant car and the perfect game plan, Dario Franchitti still needed more yesterday — one break to win his second Indianapolis 500.

He got it in the form of a spectacular, airborne crash that brought out a yellow flag and allowed him to cross the line with a scant 1.6 gallons of fuel left.

That 1.6 gallons left him holding a quart of milk, a winner at the Brickyard for the second time in four years.

"Still running," the winner told his crew over the radio as he crossed the finish line, while wreckers were moving out to scoop up debris from an accident that sent Mike Conway into the wall and to the hospital with a broken left leg.

The victory made Franchitti's boss, Chip Ganassi, the first owner to win Indy and NASCAR's Daytona 500 in the same year.

It validated the Scottish driver's return to the IndyCar circuit two years after celebrating his 2007 Indy victory by making an unsuccessful move with Ganassi to NASCAR.

And, of course, it made Franchitti and crew look like the master tacticians they were on this day — working the gas pedal perfectly to stretch their final fill-up for the last 37 laps and edge out 2005 champion Dan Wheldon of England.

"Just get to the finish, see if you can get to the finish," Franchitti said when asked about what was going through his mind over the last few laps.

He did, and so the story became about his second victory instead of Helio Castroneves' fourth. Spiderman's quest to tie A.J. Foyt, Al Unser Sr., and Rick Mears for most wins ever at the Brickyard essentially ended with an uncharacteristic mistake — stalling out while leaving the pits on the 146th lap.

It left Castroneves in need of a yellow-flag miracle at the end that never came, and he finished ninth after one last pit stop on the 192nd lap.

THE ASSOCIATED PRESS

ROBERT LABERGE/GETTY IMAGES

Dario Franchitti leads Tony Kannan and Graham Rahal during the 94th running of the Indianapolis 500 yesterday. Franchitti won the race.

Other drivers

- Danica Patrick picked and poked her way from 23rd to finish sixth.
- Alex Tagliani of Lachenaie, Que., was 10th.

A day after perfect game, Halladay sticks to routine

MLB A perfect game was no reason for Roy Halladay to change his routine.

He woke up early yesterday for a workout. He beat his Philadelphia Phillies teammates to the ballpark. He spent time thinking about how to improve in his next start.

Roy Halladay

And somewhere in there, he might have taken a few moments to reflect on making history.

Not even 12 hours after throwing the 20th perfect game in the major leagues, the Phillies' ace right-hander was back at the ballpark, sticking to his storied workout regimen — seeing no reason to take any time off for basking in Saturday night's gem against the Florida Marlins.

"Journey's always better than the destination," Halladay said.

Oh, there was nothing wrong with this particular destination.

Halladay struck out 11 on his perfect night, working out of seven counts of 3-1 or 3-2, and getting a break or two when he needed. Halladay acknowledged yesterday that he thought the chase was over when pinch-hitter Mike Lamb led off the ninth inning with a deep fly to centre.

Shane Victorino had plenty of room, making the catch with his heels on the warning track.

"Hit that ball pretty good," Halladay said. "Probably was close to going out in 95 per cent of the parks. It's one of those things where, right place, right time, I guess."

THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS
Toronto 6 Baltimore 1
Boston 8 Kansas City 1
Chicago White Sox 8 Tampa Bay 5
Detroit 10 Oakland 2
N.Y. Yankees 7 Cleveland 3
L.A. Angels 9 Seattle 7
Minnesota 6 Texas 3

YESTERDAY'S NL RESULTS
Atlanta 5 Pittsburgh 2
Florida 1 Philadelphia 0
Houston 2 Cincinnati 0 (10 ings)
L.A. Dodgers 4 Colorado 3
N.Y. Mets 10 Milwaukee 4
St. Louis 9 Chicago Cubs 1
San Francisco 6 Arizona 5
San Diego 3 Washington 2

NHL

SATURDAY'S RESULTS
Chicago 6 Philadelphia 5 (Chicago leads series 1-0)

TODAY'S GAME
Philadelphia at Chicago, 5 p.m.

Down 1-0, Flyers aren't panicking

NHL Laughs and lighthearted groans came from a small group of Philadelphia Flyers players yesterday, while they youthfully warmed up for practice by kicking a soccer ball around a circle they formed in a basement corner of the United Center.

The day after their frustrating loss to start the Stanley Cup finals, these whimsical sounds bounced off the cement walls. It was hardly an uptight picture of pressure.

Brian Boucher

The Flyers pulled their goalie, gave up six goals without facing a single power play, and failed to hold three leads in Game 1 at Chicago. For all they've recovered from in this remarkable season, though, they weren't about to fold up after losing once to the Blackhawks in their noisy arena.

"That's why it's a best-of-seven series," said defenceman Chris Pronger, later adding in prime smart-aleck form: "The world is not ending, and the sun came up today."

The Flyers, of course, needed all of that to escape their second-round series against Boston after dropping the first three games and falling behind by three goals in the decisive game. They overcame a slew of injuries in the regular season and in the first three series. They even experienced an elimination game just to get in the playoffs, beating the New York Rangers in a shootout to gain a spot on the final day of the regular season.

54 According to the NHL, the winner of the first game has sipped from the silver cup in 54 of the 70 finals held since the best-of-seven format started in 1939.

The Flyers felt their mistakes in defeat on Saturday were preventable, like all those failures to cover up the slot for goalie Michael Leighton. They weren't fretting about an inability to win when the Blackhawks weren't at their best.

"I don't think anybody is hitting the panic button or rushing to do anything rash here," Pronger said. "We just need to stay focused and play probably a little more relaxed."

THE ASSOCIATED PRESS

Sports in brief

TENNIS Venus Williams' celebrated corset went under wraps yesterday, and now it's out of the French Open. Playing with a long-sleeve top over her black lace outfit on a chilly afternoon, Williams lost in the fourth round to Nadia Petrova, 6-4, 6-3.

TENNIS Canadian Daniel Nestor and Serbian partner Nenad Zimonjic advanced to the French Open men's doubles quarter-finals with a 6-7 (2), 6-4, 6-3 win over Frenchmen Guillaume Rufin and Alexandre Sidorenko yesterday. The second seeds overcame a shaky start to take control of the match in the second set en route to the victory.

GOLF Zach Johnson now has a plaid jacket to go along with his green one. Johnson shot a closing 6-under 64 yesterday in the final round of the Colonial, winning at Hogan's Alley with a tournament-record score of 21-under 259. The 2007 Masters champion finished three strokes ahead of Brian Davis.

METRO NEWS SERVICES

College students prefer printed textbooks over digital format
According to a new study from the U.S.-based National Association of College Stores, 74 per cent of college students prefer to use a printed textbook when taking a class. METRO NEWS SERVICES

Workology

Med schools costs affecting health?

According to an article published in the journal Medical Education, the high cost of medical school in Canada may have a negative impact on the health of Canadians. University of Alberta research reveals that most medical students come from wealthy families and few come from rural areas. The Canadian Federation of Medical Students says medical students from rural areas and low-income families are more likely to set up practice in rural areas and serve low-income patients. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Musical healing

OddJobs

Rachael Finnerty helps people through the power of music.

When we listen to or play music, we relax and express ourselves honestly. Music helps us practise language and hand-eye coordination and it builds confidence.

Such is the focus of music therapy, which Rachael Finnerty, 35, has been practising for the last decade.

Growing up, she played piano in her spare time, and worked completed grade nine with the Royal Conservatory of Music. But she was also fascinated by human interactions.

She thought eventually she'd become a speech therapist when she left her home to study psychology at Dalhousie University in Halifax. She was in second year when she came across a book in the library about music therapy. "I was just in seventh heaven," she recalls after realizing she could combine her passions.

Since there were no graduate programs in music therapy in Canada at the time (there is one now, at Sir Wilfrid Laurier in Waterloo, Ont.), Finnerty stayed in Europe after studying in France for her final year of university, volunteering at music therapy clinics.

She applied was accepted to the masters program at Cambridge University. After finishing the 12-month program — which included theory and plenty of hands-on work — she returned to Canada in 2001. She set up a private practice and began working with autistic kids, people with brain injuries and older adults with dementia. She then also worked part time at Sunnybrook Health Science Centre, working with seniors.

In 2007, Finnerty and her growing family moved to nearby Hamilton: A city that fortunately for her had few music therapists. Finnerty found numerous clients right away and in early 2010 opened up her own studio offering music, creative writing and art therapy, and other services such as speech language pathology and Reiki.

Finnerty sees few clients herself, but devotes most of her time to running her clinic, teaching at McMaster University and Laurier, and teaching music classes for kids with special needs.

When Finnerty does a session, she often begins by singing a simple song while playing guitar. For clients who struggle with speech, she encourages them to sing a line. She'll then have her client strum a string on the guitar, play the piano or pick up a simple instrument . Over time, she may encourage a client to compose music on the spot, or rewrite words to a familiar song to express feelings.

For the client, it's all fun, but Finnerty is always thinking about building their confidence, working on hand-eye-coordination or assessing someone's condition. "If we make great music, that's lovely, but that's not why we're in session."

> **"I was just in seventh heaven."**
> Rachael Finnerty on her discovery of musical therapy

The Lowdown

Job title: Music therapist
Salary: $65,000 and up
Education/training: Undergraduate or masters degree in music therapy
Best Part of the Job: "Every day and every session seeing more ability with a client."
Worst Part of the Job: "Music therapy is not accessible to everyone because of the cost."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Donation to McMaster library funds research material digitization

According to a McMaster news release, the university's library has received a $2.5-million donation from the Lewis and Ruth Sherman Foundation to digitize its research collections and make them accessible to a broad audience through the Internet. METRO NEWS SERVICES

Happy workers, healthy bottom line

The days of company heads firing scads of entry-level employees to save a few dimes at the end of the day are over. Or at least they should be if companies with large workforces want to attain maximum profitability, according to Jody Heymann.

"There are companies around the world that have recognized the value of entry-level employees and are making it an enormous competitive advantage and a central piece of their competitive strategy," said Heymann, author of Profit at the Bottom of the Ladder: Creating Value by Investing in Your Workforce.

"There are also companies around the world, the majority, who still haven't figured out how to leverage the advantages you can get from 'so called' low-skilled workers," said Heymann who is a professor at McGill University and co-authored a study on the subject with research assistant Magda Barrera.

For companies to thrive employees at the bottom level must be healthy, adequately rested, well trained and motivated in their work, said Heymann. Entry-level workers carry volumes of institutional and practical knowledge that can streamline operations in most organizations, she said.

"There are companies around the world that have recognized the value of entry-level employees and are making it an enormous competitive advantage."
Author Jody Heymann

Given incentives like profit sharing opportunities, advancement or rewards workers become "very motivated to use the information and knowledge they have about operations to make the company operate more efficiently," said Heymann.

Entry-level employees are good for a company's bottom line according to author Jody Heymann.

The information was collected during a six-year period from North America, Europe, Latin America, Asia, and Africa. Workforce sized ranged from 27 to 126,000 employees in a wide variety of sectors, including everything from technology hardware and equipment to banking.

Heymann said that without flexibility, a living wage or benefits companies must expect to face high replacement and recruitment costs.

"When you multiply (those costs) by these extremely high turnover rates for entry-level jobs you are talking very high total expenses," she said.

TORSTAR NEWS SERVICES

Working moms feeling impact of poor economy

The adage "Mother Knows Best" is underscored this year as working moms rely on their resourcefulness to guide their families through a slow economic recovery.

Twelve per cent of working moms said their spouse or significant other has become unemployed in the last 12 months, with two-thirds (67 per cent) indicating that it is causing stress at home. Thirty-six per cent of working moms said they are the sole provider for their household and nearly one-in-ten (nine per cent) have taken on a second job in the last 12 months to provide for their family. This is all according to CareerBuilder's annual survey of women, employed full-time, with children 18 and under living in the household.

Helpful tips for working moms

- Talk to other working moms: Getting tips from other working moms on how they juggle personal and professional commitments can help.
- Seek out flexible work arrangements: The vast majority of working moms who have taken advantage of flexible work arrangements said it hasn't negatively impacted their careers.
- Have a plan: Structure in your life will save you time, stress and mental energy. Keep one calendar for business and family commitments to avoid double-booking.

Growing demands at the office can make it difficult to achieve a healthy work/life balance. Forty-three per cent of working moms work more than 40 hours per week. More than one-third (34 per cent) who take work home reported they typically bring work home three days a week or more. Twenty-three per cent bring work home on the weekends.

"The tough economy has taken its toll," said Mary Delaney, President of Personified, a talent consulting group, and mother of three. "What we're seeing from these moms is a great deal of resourcefulness and resilience as they provide for their families; working moms are making the most of the time they do have and getting creative in work arrangements." METRO NEWS SERVICES

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Eubanks leaves Tonight Show

It's a wrap for Tonight Show bandleader Kevin Eubanks after 18 years of backing up host Jay Leno. Bidding Eubanks farewell on Friday's show, Leno said, "I don't think we've ever had an argument." THE ASSOCIATED PRESS

Entertainment

Keys expecting

Alicia Keys is in a motherhood state of mind: She's pregnant with her first child. The Grammy Award-winning R&B singer has been dating producer Swizz Beatz.

THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Death of a film rebel

Cancer claims life of Dennis Hopper at age 74

Dennis Hopper, the high-flying Hollywood wild man whose memorable and erratic career included an early turn in Rebel Without a Cause, an improbable smash with Easy Rider and a classic character role in Blue Velvet, has died. He was 74.

Hopper died Saturday at his home in the Los Angeles beach community of Venice, surrounded by family and friends, family friend Alex Hitz said. Hopper's manager announced in October 2009 that the actor-director had been diagnosed with prostate cancer.

The success of Easy Rider and the spectacular failure of his next film, The Last Movie, fit the pattern for the talented but sometimes uncontrollable Hopper, who also had parts in such favourites as Apocalypse Now and Hoosiers. He was a two-time Academy Award nominee and in March was honoured with a star on Hollywood's Walk of Fame.

"We rode the highways of America and changed the way movies were made in Hollywood," Peter Fonda, his Easy Ride" costar, said in comments carried by several news outlets. "I was blessed by his passion and friendship."

Other tributes were posted on celebrities' websites and Twitter feeds.

"We rode the highways of America and changed the way movies were made in Hollywood. I was blessed by his passion and friendship." Peter Fonda

Actress Marlee Matlin called Hopper a "maverick, a wonderful actor. You always got something unexpected from him."

"So long Dennis," tweeted actress Virginia Madsen, who starred in The Hot Spot, one of the films Hopper directed. "U taught me so much."

After a promising start that included roles in two James Dean films, Hopper's acting career languished as he developed a reputation for throwing tantrums and abusing alcohol and drugs. On the set of True Grit, Hopper so angered John Wayne that the star reportedly chased Hopper with a loaded gun.

"Much of Hollywood," wrote critic-historian David Thomson, "found Hopper a pain in the neck."

All was forgiven when he collaborated with Fonda on a script about two pot-smoking, drug-dealing hippies on a cross-country motorcycle trip.

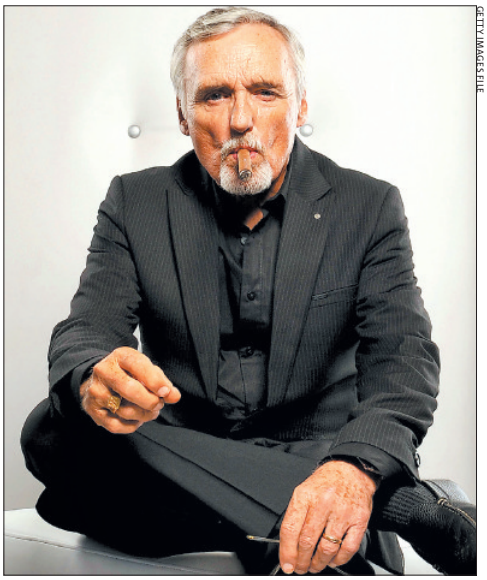
On the way, Hopper and Fonda befriend a drunken young lawyer (Jack Nicholson in a breakout role) but arouse the enmity of Southern rednecks and are murdered before they can return home.

"Easy Rider was never a motorcycle movie to me," Hopper said in 2009. "A lot of it was about politically what was going on in the country."

Fonda produced Easy Rider and Hopper directed it for a meagre $380,000. It went on to gross $40 million worldwide, a substantial sum for its time. The film caught on despite tension between Hopper and Fonda, and between Hopper and the original choice for Nicholson's part, Rip Torn, who quit after a bitter argument with the director.

It was a hit at Cannes, netted a best-screenplay Oscar nomination for Hopper, Fonda and Terry Southern, and has since been listed on the American Film Institute's ranking of the top 100 American films. The establishment gave official blessing in 1998 when Easy Rider was included in the United States National Film Registry for being "culturally, historically, or esthetically significant."

THE ASSOCIATED PRESS



GETTY IMAGES FILE

Dennis Hopper, whose film Easy Rider became a landmark in film and counterculture, died of cancer on Saturday.

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Del Toro says Wolfman howl more 'like a meow'

Benicio Del Toro delved deeply into his leading role in The Wolfman, out on DVD tomorrow.

The Oscar winner endured many hours in the makeup chair — frequently getting in and out of uncomfortable prosthetics and a hairy suit — and was a producer on the film that co-stars Anthony Hopkins and Emily Blunt.

But for all his efforts, he couldn't seem to nail one of the hallmarks of the man-eating beast: the howl.

"I couldn't howl with the teeth, you know," Del Toro, 43, admitted in a recent phone interview from New York, where he'd just returned after serving on the jury at the Cannes Film Festival in France.

"It was like being in a sauna with a parka." Benicio Del Toro

"It's impossible to howl with the teeth. I tried. It sounded terrible — it sounded like a cat, like a meow."

Howl woes aside, Del Toro's wolfman transformation is grisly, with CGI effects showing his bones cracking and growing under his skin as he morphs into the monster.

The Puerto Rican-born, Pennsylvania-raised star — who won the best supporting actor Oscar in 2001 for Traffic — says the costume created by Rick Baker was excruciatingly hot.

"It was like being in a sauna with a parka ... taking it off was usually a drag because it would usually take about two hours to take it off and you're tired and sweaty, you know, you're just dying to get off that suit." THE ASSOCIATED PRESS

GETTY IMAGES FILE

Benicio Del Toro

Italy comes to the Drive!
Sunday, June 6, 2010

uno week to go!

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Come down between noon and 8 p.m. and enjoy some of the many festival attractions. The event will include the very best in Italian food, sports and activities, cultural exhibits, musical performances and a variety of interactive entertainment.

www.thedrive.ca/italian-day-2010.shtm

Italian Day! Commercial Drive

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Metro is giving away four gift baskets filled with goodies from local merchants (value $100).

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club metro

Bid for Idol company

A group of investors led by British media mogul Simon Fuller is offering to buy CKX, the owner of the American Idol reality TV show. Fuller created the "Idol" franchise but sold his company to CKX Inc. in 2005. THE ASSOCIATED PRESS

Diff'rent Strokes star dies at 42

Coleman, sitcom co-stars suffered from show's 'curse'

If only real life for the child stars of Diff'rent Strokes was anything like the fictional Park Avenue life of luxury they inhabited on television.

The death of pint-sized star Gary Coleman on Friday at age 42 underscored the troubled lives of the sitcom's stars after the television lights went out in 1986 after eight seasons. Some have even talked about the "curse of Diff'rent Strokes."

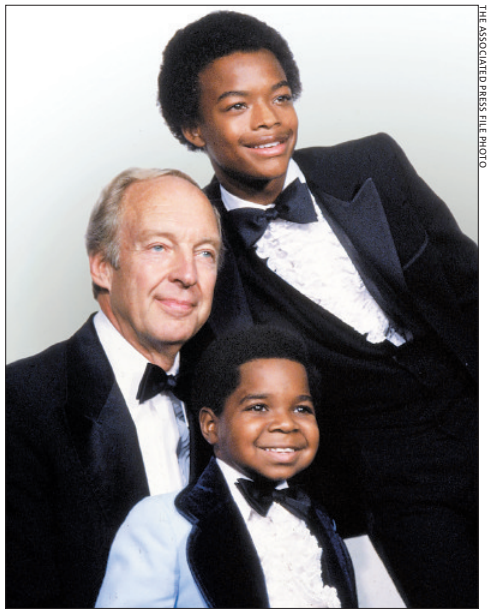
Two of the young stars, Coleman and Dana Plato, are dead. The third, Todd Bridges, went through years of drug abuse and was tried and acquitted of murder in 1988. The actor who played their dad, Conrad Bain, is alive at 87, out of show business and living quietly in the Los Angeles area.

The fate of the Diff'rent Strokes cast is a concentrated example of the difficulties faced by many young people chewed up by the entertainment industry, forced to mature while living a life of fame and luxury. For every Jodie Foster who navigated the transition to adulthood with aplomb, there's a Lindsay Lohan or a Britney Spears still struggling.

Later in life, Coleman talked bitterly of his early Hollywood experience.

"I would not give my first 15 years to my worst enemy, and I don't even have a worst enemy," Coleman told The Associated Press in a 2001 interview.

Coleman, who remained small throughout his life from a kidney disease that stunted his growth, died estranged from his parents. He had several small run-ins with the law, and his attempts to stay in show business often forced sad roles upon him: a stint in The Surreal Life and an appearance on Divorce Court with his wife trying to solve some of their marital problems.



THE ASSOCIATED PRESS FILE PHOTO

Stars of Different Strokes, clockwise from foreground, Gary Coleman, Conrad Bain and Todd Bridges, at the 1981 Emmy Awards.

In need of money, he once worked as a security guard in a Los Angeles shopping mall.

Even with that, he fared better than Plato, who died of a drug overdose in 1999.

In Diff'rent Strokes, she played the daughter of Bain's character, whose lives were enlivened when two brothers from Harlem, played by Coleman and Bridges, came to live with them. She stumbled into drugs early; Bridges wrote in his autobiography that she introduced him to marijuana when he was 14.

Her post-TV stardom life was a blur of alcohol and drugs. She was arrested for shoplifting and forging a Valium prescription. She posed nude for Playboy and appeared in a softcore porn movie that traded on her sitcom stardom.

Tragedy even outlasted her: Her son, Tyler Lambert, had his own alcohol and drug problems trying to cope with his mother's death, and he took his own life at age 25 this year shortly before Mother's Day.

Bridges seemed on an even tougher path than his two fellow actors. He became a crack addict after the series ended, immersed in Los Angeles' seedy underworld. When someone from Bridges' drug dealer's gang was shot and killed, Bridges was charged with the crime but was acquitted. It took several more years of drug use before he cleaned up.

"I would not give my first 15 years to my worst enemy, and I don't even have a worst enemy."
Gary Coleman

He's since lectured to young people about the dangers of drug and alcohol and has done some minor Hollywood work: roles in The Young and the Restless and Everybody Hates Chris.

"The bottom line is I've made stupid choices," Bridges told Entertainment Weekly in 2000. "But I got my life together and that's the difference. I'm not the same idiot I used to be."

Bridges titled his autobiography Killing Willis, a reference to his character's name in Diff'rent Strokes.

THE ASSOCIATED PRESS

Box office

Estimated ticket sales for the weekend:

1. **SHREK FOREVER AFTER:** $43.3 million US
2. **SEX AND THE CITY 2:** $32.1 million
3. **PRINCE OF PERSIA: THE SANDS OF TIME** $30.2 million
4. **IRON MAN 2:** $16 million
5. **ROBIN HOOD:** $10.3 million
6. **LETTERS TO JULIET:** $5.9 million
7. **JUST WRIGHT:** $2.2 million
8. **DATE NIGHT:** $1.8 million
9. **MACGRUBER:** $1.5 million
10. **HOW TO TRAIN YOUR DRAGON:** $1 million.

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VA 5/31/10

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime											
251	308	3 CBC	NHL Hockey		To Be Announced				CBC News: The National		(:05) The Hour
254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		News
250	321	9 CTV	etalk (CC)	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang Th	(:01) CSI: Miami (CC)		CTV News
-	-	10 JOY	Frasier (CC)	The Insider	Daily Weekend Edition (CC)		Poltergeist: The Legacy		P3	Diya	New Day
252	336	11 GTV	Entertainment	ET Canada	Lie to Me "Tractor Man" (PA)		The Summit (2008, Suspense) (Part 2 of 2) Mia Maestro. (CC)				News
256	389	12 VI	Canada's Worst Driver (CC)		The Listener (CC) (DVS)		Would Be Kings (2008) (Part 2 of 2) Currie Graham, Ben Bass.				A News (N)
253	359	13 CITY	The Office	The Office	The Bachelorette Ali experiences car trouble on a date. (N)				(:02) True Beauty (CC)		EP Daily
-	-	14 CW	The Office	The Office	One Tree Hill (CC)		Gossip Girl "The Freshman"		Seinfeld	Seinfeld	Frasier "IQ"
289	381	15 CBS	Entertainment	The Insider	How I Met	Engagement	Two/Half Men	Big Bang Th	(:01) CSI: Miami (CC)		KIRO 7 News
287	379	16 NBC	NHL Hockey		To Be Announced						KING 5 News
602	568	19 W	Kim	How Clean	How Clean	Kim	Love It or List It		Love It or List It (N)		Love It-List It
288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	The Bachelorette Ali experiences car trouble on a date. (N)				(:02) True Beauty (CC)		KOMO 4 News
-	-	23 KVOS	M*A*S*H	M*A*S*H	Sleepover ★★ (2004, Comedy) Alexa Vega, Mika Boorem.				Seinfeld	King	Cold Files
291	383	27 PBS	Conver-KCTS	Price-Antiques	Antiques Roadshow (CC)		American Experience		This Emotional Life "Rethinking Happiness"		
290	382	28 FOX	Two/Half Men	Two/Half Men	Lie to Me "Tractor Man" (PA)		The Good Guys "Pilot" (CC)		Q13 FOX News at Ten (N)		Family Guy
-	364	43 PBS	Hallowed Grounds (CC)		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
296	654	34 SBK	Frasier "IQ"	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
298	653	35 TLA	Two/Half Men	Two/Half Men	One Tree Hill (CC)		Gossip Girl "The Freshman"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
297	652	37 WPX	PIX News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
199	311	75 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news											
502	390	26 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		Doc Zone (CC)		National
500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports											
407	419	22 RSP	Sportsnet	MLB Baseball Minnesota Twins at Seattle Mariners. (Subject to Blackout)					Sportsnet Connected		Sportsnet
400	400	30 TSN	NBA Basketball: Suns at Lakers			SportsCentre (Live) (CC)		Planet Speed	Fight Sports		SportsCentre
411	457	49 OLN	UFO Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		UFO Hunters
410	403	54 SCR	WWE Monday Night RAW		Score Now	Score Now	WWE Monday Night RAW With Michael Cole and Jerry Lawler.				Cabby Unlimit
417	406	65 SC	Racing Chef	NASCAR	Ultimate Factories		Fast Track to Fame		Racing Chef	NASCAR	NASCAR
416	409	144 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
family											
552	543	25 YTV	Survive This	Survive This	In Real Life "E.R." (CC)		Survive This	That's-Weird	To Be Indie	Family Biz	Prank Patrol
555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
557	541	51 FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory, House	That's-Raven
553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety											
268	354	5 KNO	Recreat. Eden	Landscape	First Australians (CC)		Baroque "Spain" (N) (CC)		Saving Luna (CC)		Leaving-Lights
575	583	20 CMT	Pushing Tin ★★ (1999) John Cusack. Rivalry escalates between two air traffic controllers.						Pushing Tin ★★ (1999) John Cusack.		
570	580	24 MM	Video on Trial	Video on Trial	UR11		Secret Life of American Teen		Secret Life of American Teen		MuchMeg
600	564	29 H&G	House	House	Holmes on Homes (CC)		Home to Flip	My First Place	For Rent	Property	House
615	520	31 A&E	Hoarders (N) (CC)		Obsessed "Nidia; Rick" (CC)		(:01) Hoarders (CC)		(:01) Hoarders (CC)		(:01) Hoarders
628	584	32 SPKE	(:08) Band of Brothers "Points" (CC)			(:40) Band of Brothers "Currahee" Training for Normandy.				(:19) Band of Brothers (CC)	
521	560	34 TLC	Cake Boss: Ultimate Cake		Cake Boss	Cake Boss	Cake Boss (CC)		Cake Boss: Ultimate Cake		Cake Boss
616	522	39 SHO	Painkiller Jane "Pilot" (CC)		Beyond Loch Ness (2008) Brian Krause, Don S. Davis. (CC)				Misfits (CC)		Survivors
620	523	40 BVO	(5:00) La Traviata ★★★ (CC)		Law & Order "Shield" (CC)		Without a Trace "Candy"		Comeback Season ★★ (2006) Ray Liotta.		
601	562	41 SLC	The Millionaire Matchmaker		ET Canada	What	Housewives/OC		Housewives/NYC		Projct Runway
520	505	42 DIS	Canada's Worst Handyman		Daily Planet (CC)		MythBusters (CC)		Canada's Worst Handyman		Dirty Jobs
522	506	44 HIS	Dogfights "P-51 Mustang"		Greatest Tank Battles (N)		Ride With the Devil ★★★ (1999) Skeet Ulrich, Tobey Maguire, Jewel. (CC)				
627	528	45 SPC	Texas Chainsaw Massacre		The Circuit	Stormworld	Doctor Who "Rose" (CC)		Texas Chainsaw Massacre - The Beginning		
294	650	47 TBS	Family Guy	Family Guy	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
619	525	48 TROP	Colin & Justin's Home Heist		Wipeout (CC)		Wipeout (CC)		Parking Wars	Parking Wars	Carlawood
603	561	52 FN	Pitchin' In	Glutton	Best Thing	At the Table	Diner, Drive-In	Unwrapped	Top Chef Masters (CC)		Pitchin' In
-	-	53 AMC	(5:00) Heartbreak Ridge ★★		Courage Under Fire ★★★ (1996) Denzel Washington, Meg Ryan. (CC)					Hamburger Hill ★★ (1987)	
626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Finesse Mitchell: Snap		Daily Show
320	621	60 CEN	(6:45) Transporter 3 ★★ (2008, Action) (CC)			Gravity (N)	Nurse Jackie	U.S. of Tara	Big Fan ★★★ (2009) Patton Oswalt. (CC)		
581	566	101 MTV	True Life (CC)		MTV Live	Sex News	The Challenge: Fresh Meat II		True Life (CC)		MTV Live
261	394	102 V	Unscripted	Naked	Doc "Easy Money" (CC)		Inherit the Wind ★★★ (1960, Drama) Spencer Tracy, Fredric March. (CC)				
-	-	105 MUL	Wang Gui	Immortal	Lying Low		Simply the	Pinoy Buzz	Wish Ko Lang!	News	Patrol World

critics'corner

CSI: Miami

Tensions rise when Eric Delko (Adam Rodriguez) returns as an expert witness for the defense, pitting himself against Horatio (David Caruso) and the rest of his old team in "Delko for the Defense." Emily Procter, Eddie Cibrian, Jonathan Togo, Rex Linn and Eva La Rue also star; Eric Jungmann, Gretchen Egolf and Denis O'Hare guest star. 10:01 PM on CBS CTV

True Beauty

Five women and five men live together while undergoing challenges to determine which of them has the most authentic inner beauty as this reality series returns for a new season with judges Carson Kressley, Vanessa Minnillo — who also serve as co-hosts — and Beth Ostrosky Stern. The contestants think they are competing for a more conventional beauty show aimed at finding the "Face of Vegas," not knowing what is really at stake. 10:02 PM on ABC CITY

Westwick lies commando

The costume department on Gossip Girl has to work a bit harder to clothe Ed Westwick, as the actor insists he's not a fan of underwear. "I show up without it and have to put it on," he says, according to Exposay. METRO WORLD NEWS

Celebrity Buzz

50 Cent minus 50

LOSING WEIGHT FOR HIS ART THIS TIME Losing 50-plus pounds was a complicated process for 50 Cent — but not an entirely new one.

The rapper, who plays a football player with cancer in the upcoming film Things Fall Apart, dropped from 214 pounds to 160 in nine weeks after liquid dieting and running on a treadmill three hours a day.

But the 33-year-old said that when he was shot in the jaw in 2000, he could drink only liquids and his weight dropped to 157.

"This time it was a lot tougher for me," the six-foot-tall rapper said in an interview Friday with the Associated Press.

"I had to discipline myself not ... to actually have myself be in the physical state to convey the energy I felt. It's a passion project for me," said 50 Cent, whose real name is Curtis Jackson.

The film is about a childhood friend of the rapper who died of cancer, and is in production.

Actors including Robert De Niro, Christian Bale, Tom Hanks and Renee Zellweger are known for adjusting their weight in movies, and 50 said he did research when keeping the weight off got hard.

"I actually got on the computer," he said. "When it started getting difficult, I was looking to see what their experience was like and I got a chance to see all of the interviews they had at different time periods when they were doing promotion for the projects."

50 has been gaining the lost weight back, though, and said he currently weighs 198 pounds.

He said he doesn't anticipate winning awards for his acting role.

"Well, you know, I haven't received accolades that comes with the success that I've had in music," he said. "It would be a surprise" to win any acting awards, he said, noting that it's already a reward to have people aware of the role.

He released his fourth album, the gold-selling Before I Self Destruct, in November. He kicks off his North American tour Saturday in Detroit.

THE ASSOCIATED PRESS

Manager controversy

DID THE DR. MAKE HER DO IT? Ke$ha's former managers say the pop star squeezed them out of her career under pressure from hit songwriter Dr. Luke.

But her lawyer said Friday she simply exercised her rights to fire the managers when they didn't perform.

DAS Communications Inc. sued Ke$ha and Dr. Luke on Wednesday in Manhattan.

The TiK ToK singer had a 2006 agreement with DAS. The contract let her end the relationship if she didn't get a major-label record deal in a year.

DAS says she waived the deadline and it lined up a record deal for her in 2008. The firm says Dr. Luke then interfered and persuaded her to cut ties.

Ke$ha's lawyer, Charles Ortner, says the firm had nothing to do with her eventual record deal.

A representative or phone number for Dr. Luke could not be found.

THE ASSOCIATED PRESS

Man sues for tresspassing

TOO BOOTYLICIOUS FOR THIS NEIGHBOUR A man living across from a video shoot for Beyonce Knowles in the Hollywood Hills is suing the singer for nuisance and trespassing, claiming his privacy was invaded by unnecessary noise and crowds.

Court documents show Philip Markowitz filed the lawsuit seeking $25,000 on Friday in Los Angeles against Knowles, a liability company and Dina Ciccotello, a production co-ordinator for the video shoot for Why Don't You Love Me.

Markowitz claims his expectations of privacy in his upscale neighbourhood were "shattered" on March 26 when the crew came in the morning and didn't leave until 11 p.m., and that his driveway was repeatedly blocked.

Calls to Beyonce's publicists were not immediately returned.

THE ASSOCIATED PRESS

Sheen's new court date

DID HE OR DIDN'T HE WIELD A KNIFE TOWARDS HIS WIFE? Actor Charlie Sheen has a new court date over domestic violence allegations involving his wife, as settlement talks continue.

Sheen has pleaded not guilty to menacing, criminal mischief and assault charges stemming from an argument with his wife, Brooke Mueller Sheen, on Christmas Day at an Aspen home where they were on vacation.

A hearing is scheduled June 18, but The Aspen Times reports that the court this week set another hearing for June 7.

Sheen's attorney Richard Cummins told the newspaper the hearing was set "in contemplation of a final disposition being made that's acceptable to the district attorney's office."

Aspen prosecutor Arnold Mordkin declined to comment on settlement discussions.

THE ASSOCIATED PRESS

Idol next for Michaels?

IT'S TECHNICALLY STILL WORKING IN THE MUSIC INDUSTRY... After surviving a month in and out of the hospital and winning Celebrity Apprentice, Bret Michaels may have a new job lined up.

Michaels, who still needs surgery to repair a hole in his heart, was such a hit on the finale of American Idol that producers had asked him to stay on permanently, according to Hollywood Grind. "I can't say this is true yet, because I don't know. Next year they asked me to possibly be the judge on American Idol," Michaels told the crowd at a concert in Biloxi, Miss., over the weekend, a concert he performed against his doctor's wishes.

METRO WORLD NEWS

Montag is moving to Malibu... alone

A COUPLE JUST TOO PERFECT FOR REAL LIFE MTV reality star Heidi Montag has had enough of husband Spencer Pratt and is moving out, according to TMZ.

"Heidi is looking to move out due to all the fake bad press that Spencer controls. She's tired of it and is looking for a place and wants to focus on her acting career," a source says.

And according to her friend, she'll be moving to Malibu — at least for the summer.

"We're really excited to do girly things and show people who we really are and that we're really fun, sweet and loyal girls," pal Jennifer Bunney tells Radar Online.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN is looking to dress up her alcohol-monitoring anklet, **HEIDI MONTAG** asserts her independence, **LJOHN STAMOS** is remembering Gary Coleman, and **CONAN O'BRIEN** is rooting for the home team.

@lindsaylohan Can CHANEL please help me out by getting me some stickers to put on my scram bracelet so that I can at least wear a chic dress?! maybe!?

@heidimontag PS: I am not Heidi Pratt, I am Heidi Montag.er.

@JohnStamos mamas, don't let your babies grow up to be...actors. r.i.p. gary

@ConanOBrien My Celtics are in the finals! And by "my Celtics," I mean my 2nd cousins. They're all in the final stage of liver cirrhosis.

METRO NEWS SERVICE

Brand will only speak to 'fans'

THERE GOES OBJECTIVITY OUT THE WINDOW Russell Brand, who has made fun of plenty of folks in entertainment and politics in the past, apparently isn't interested in being the butt of any jokes himself. He's busy promoting his new film, Get Him to the Greek, and according to Page Six, the British comedian will only agree to speak to journalists who go on record as having liked the film first.

METRO WORLD NEWS

The Weather Network ©The Weather Network 2010
Today Showers 60% 14°/11°
Tuesday Variable 15°/13°
Wednesday Rain 80% 14°/12°
You have voted us #1 for best forecasts on TV. Thank you Canada!

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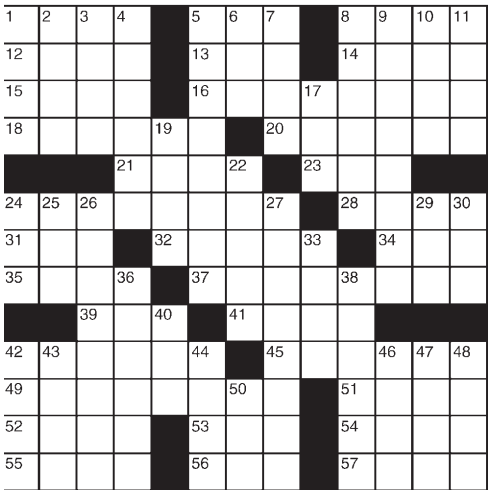
Take Five



ACROSS

1 Wagon
5 German pronoun
8 Hawaiian dance
12 On the briny
13 Cattle call?
14 Soon, poetically
15 Celebrity
16 Three Bears' meal
18 Walk cautiously
20 Not wide
21 Actress Paquin
23 iPhone, for ex.
24 Concede reluctantly
28 Remove the lid
31 Lingerie item
32 Glacial ridge
34 Before
35 Rotating parts
37 Get unstuck
39 Schedule abbr.
41 Name of 12 Popes
42 Mysterious
45 Rookie
49 President dubbed "Silent Cal"
51 Bedouin
52 Shaving mishap
53 Type measures
54 Branch
55 Antlered animals
56 Greek consonants
57 Young socialites

DOWN

1 Group of actors
2 Wine region of Italy
3 Harvest
4 Dentist's concern
5 Hovered threateningly
6 Dove's comment
7 Trumpet
8 Coiffure
9 Bare
10 Trademark symbol
11 From the beginning
17 Knock
19 Burden
22 "Get — on yourself!"
24 U.K. telly option
25 Historic time
26 Rooster trained to fight
27 Comfort
29 Work unit
30 Born
33 Hint
36 Pursues prey
38 1963 newsmaking villain
40 Blackbird
42 Teen's woe
43 Stir up
44 Paradise
46 Soft cheese
47 Poetic foot
48 Recedes
50 Wildebeest

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			2					
		4		7		5		
		1	6				3	2
9		6			3			1
8								7
1			4			3		8
2	8				9	4		
		5		8		6		
					4			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	P	R		S	A	L	K	
L	E	E		P	L	E	A	
O	N	T	H	E	A	I	R	
E	N	D	E	A	R		A	U
			A	R	M		O	N
E	W	E	R	S		E	K	E
C	H	A	T		T	O	E	
H	E	R		E	I	N		L
O	N	L	I	N	E		O	A
			O	D	D		U	T
F	L	E	W		O	N	T	H
R	A	G	A		W	E	R	E
I	C	O	N		N	E	E	D

C	A	P	E					
O	D	O	R					
U	S	E	R					
			G					
			O	N	H	O	L	D
B	I	O						
F	I	N	D					
L	O	T	T	O				
			R	S				
O	N	T	H	E	L	A	M	
W	E	R	E		A	G	E	
N	E	E	D		N	E	W	

1	6	7	2	4	3	8	9	5
4	8	5	9	6	1	3	2	7
9	3	2	5	8	7	6	1	4
7	9	1	4	3	5	2	6	8
8	4	3	7	2	6	9	5	1
5	2	6	1	9	8	7	4	3
2	1	4	3	7	9	5	8	6
6	7	9	8	5	4	1	3	2
3	5	8	6	1	2	4	7	9

On the web

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Metro Recipe of the Day

Amish Farmer's Light Supper

INGREDIENTS:

2 strips lean bacon, chopped
2 1/2 cups frozen hash brown potatoes with onions and green peppers
5 large eggs
2 large egg whites
1/4 cup 1% milk
1/2 tsp dried chervil leaves or thyme leaves
1/2 tsp salt
1/4 tsp pepper

METHOD:

1. In 25-cm skillet, cook bacon over moderate heat until crisp. Remove bacon, reserving drippings in skillet. Drain bacon on paper towels; set aside.

2. Add potatoes to reserved drippings; cook 8 to 10 minutes or until tender, stirring often.

3. In large bowl, whisk eggs, egg whites, milk, chervil, salt and pepper. Pour egg mixture over potatoes and bacon. Cook over moderate heat without stirring, until set on bottom and around edge. (Use corner of spatula to constantly lift cooked edge so uncooked eggs flow to bottom.) Cook 3 minutes or until eggs are almost set. Cover; cook 1 minute or until eggs are set but still moist. Sprinkle with cooked bacon.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If you use your imagination today you will come up with a wonderful idea. Others may have doubts that it will work but you can make it happen.

TAURUS ♉
APRIL 21-MAY 21
Think the unthinkable — then go out and do it. Even if you consider yourself a conservative type of Taurus you will be feeling radical, even rebellious.

GEMINI ♊
MAY 22-JUNE 21
Just because an idea isn't practical does not mean you should not go ahead with it. Anyway, who says it isn't practical?

CANCER ♋
JUNE 22-JULY 22
There is no need to feel guilty about your desires. They are in no way unusual. You are hiding from yourself what those around you already know.

LEO ♌
JULY 23-AUG 23
You may desperately want to believe that someone is telling you the truth but deep down you know it isn't true.

VIRGO ♍
AUG 24-SEPT 22
The harder you work today the less you will achieve, and the less you achieve the harder you will feel the need to work. It's a vicious cycle.

LIBRA ♎
SEPT 23-OCT 23
Try to think beyond your normal limits today. Some of the ideas may be impractical but they will lead you to other ideas that can be made to work.

SCORPIO ♏
OCT 24-NOV 22
Something you have long believed in is beginning to look a little shaky as facts you were previously unaware of make themselves known.

SAGITTARIUS ♐
NOV 23-DEC 21
By all means set yourself new goals. By all means aim high. But don't aim for perfection, for that can never be reached..

CAPRICORN ♑
DEC 22-JAN 20
Because you are bored with your current situation you could easily be persuaded to get involved in an issue that is none of your business.

AQUARIUS ♒
JAN 21-FEB 18
What you think is the truth now is liable to be proved wrong later on. Also, the line between fact and fantasy is likely to be blurred.

PISCES ♓
FEB 19-MARCH 20
Is it wrong to enjoy something that has no greater meaning than the fact that you find it pleasurable? Of course not.

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This day in history

1279 BC: Rameses II (The Great) (19th dynasty) becomes pharaoh of Ancient Egypt.
1866: John O'Neill leads 850 Fenian raiders across the Niagara River at Buffalo, N.Y./Fort Erie, Ont., as part of an effort to free Ireland from the English. Canadian militia and British regulars repulse the invaders in over the next three days, at a cost of 9 dead and 38 wounded to the Fenian's 19 dead and about 17 wounded.
1911: The ocean liner R.M.S. Titanic is launched.
1927: The last Ford Model T rolls off the assembly line after a production run of 15,007,003 vehicles.

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